

Beer Braised Short Ribs with White Cheddar Polenta

Recipe is for 4 people

2.5-3 lbs. Beef Short Ribs
¼ c. – ½ c. Canola Oil
¼ c. butter
1 onion, large dice
4 pieces celery, large dice
2 large carrots, med. dice

4 garlic cloves, halved
½ a can tomato paste
1 bottle Real Ale's brown ale
1 jar mild Texas Brew Salsa
Salt, Pepper, Garlic Powder

Season short ribs with garlic powder, salt and pepper. Sear in a dutch oven on high heat in oil on all sides. Remove short ribs to a cookie sheet and smear tomato paste liberally on each one. Broil in oven under broiler until tomato paste begins to brown and caramelize, 5-8 min. Watch them closely to prevent burning. Meanwhile, empty dutch oven of oil and any burnt specks. Place back onto stove and melt butter on med. Heat. Add all of the vegetables and sauté lightly while waiting for the ribs to come out of the broiler. When ribs are done place directly into the pan with the vegetables. Add bottle of brown ale and Texas Brew Salsa. Cover the dutch oven with its lid and roast about 2.5-3 hours at 300-350 degrees. Serve with polenta.

White Cheddar Polenta-

Serves 4

2 seeded jalapeno's, finely minced
6 oz. extra sharp white cheddar
1 and 2/3 c. Lamb's Stone Ground Corn Meal
7 c. water or chicken stock
1 T. salt
2 T. butter
¼ c. cream

Basic Polenta Recipe-

Bring the water to a boil in a large saucepan over medium-high heat. Add the salt. Add the cornmeal in a very thin stream. You should be able to see the individual grains spilling into the pot. As you are adding the cornmeal, stir it with a whisk, and make sure the water is always boiling. When you have added all the cornmeal, begin to stir it with a wooden spoon. Stir continuously, bringing the mixture up from the bottom of the pot and loosening it from the sides. The cornmeal becomes polenta in 35-45 minutes, when it forms a mass that pulls cleanly away from the sides of the pot. Stir in butter, cream, shredded cheese, and jalapenos.

Serve with Short Ribs and Gravy



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